

FEBRUARY



Learn with Me Heart Healthy

Keeping our heart healthy starts at an early age. As a CACFP child care provider you are already one step ahead in providing nutritious meals and snacks. Make sure children know that their heart health depends on all of the fruits and vegetables they eat because they are rich in dietary fiber and can help prevent cardiovascular disease.

Whole grains help regulate blood pressure and we should also limit unhealthy fats and salt. In addition to nutrition, children must know that exercise and being active opposed to a sedentary life style will help their heart health.



Cook with Me

Airplane Snacks

- Celery sticks
- Nut butter
- Grapes
- Graham cracker sheets

Spread nut butter inside the celery stick. Put the celery stick on a plate to be the body of an airplane. Place two grape halves on each side to be the wheels of the airplane. Now place the graham cracker across to make the airplane wings. Children will think these are not only yummy, but fun!



Play with Me

Musical Planes

Place large signs or carpet squares labeled with letters of the alphabet around the room.

Ask the children to get into their best airplane pose with arms out wide. Start the music and as long as it plays, the children can fly. When the music stops, call out a letter, and the children all have to land their plane at that airport.



Create with Me

Paper Airplanes

Using the paper airplane template, let the children create their own airplanes with different colored paper and decorations. They will love to see how far their creations can fly.



Read with Me

Children love anything that flies. Read these stories together about helicopters.

Look there is a Helicopter! By Esther Aarts

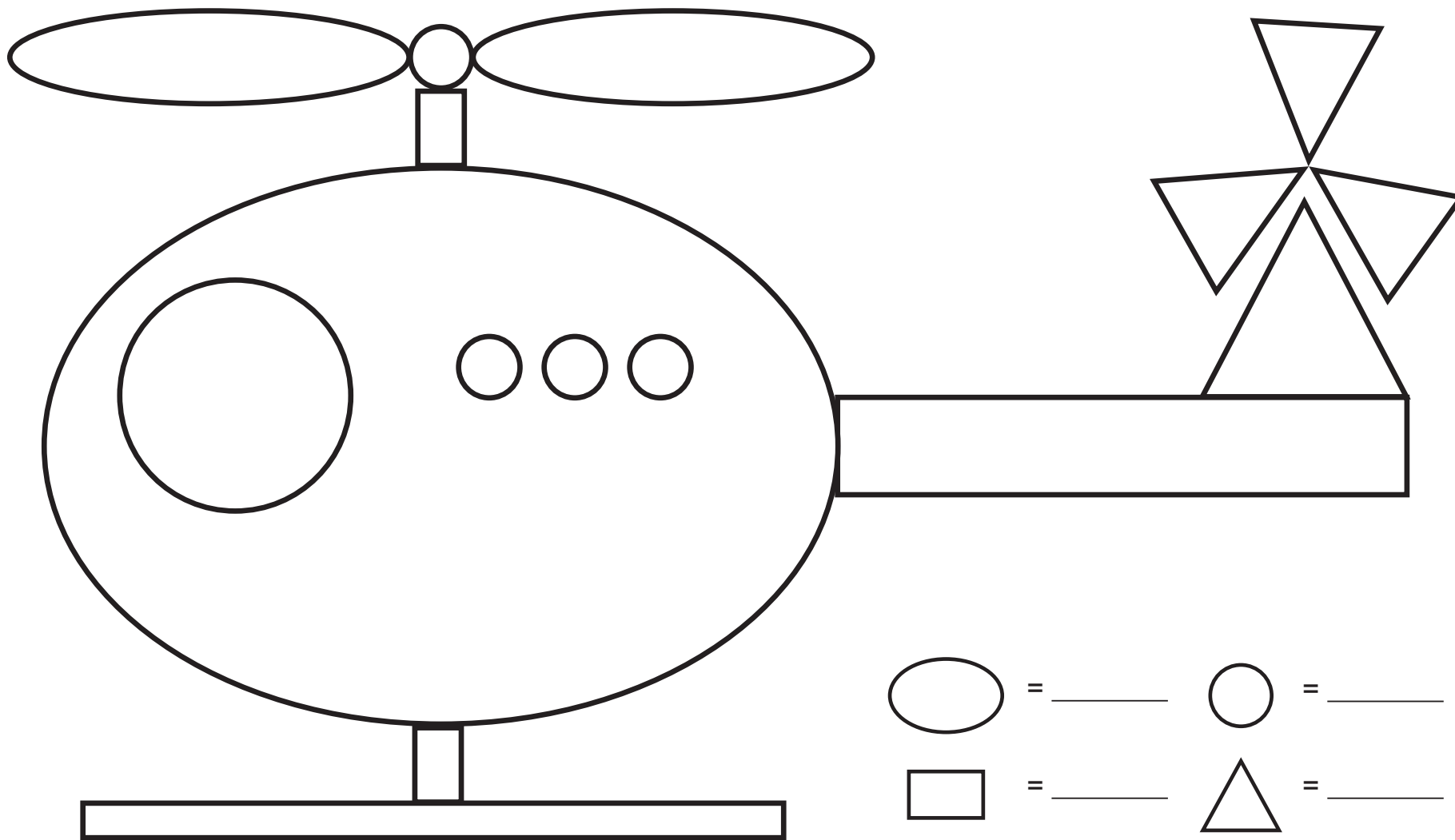
High Flying Helicopters by Tony Mitton



Name _____

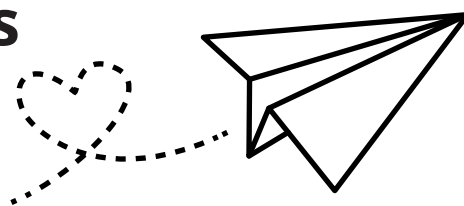
Count the Shapes

Count how many of each shape you find and write the numbers below. Then color your 'copter.



Easy Paper Airplane Directions

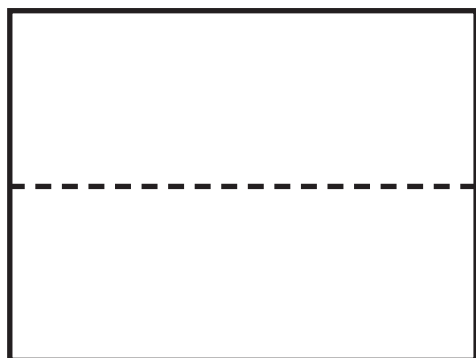
Use the instructions below to show your children how to make easy paper airplanes.



Supplies: Construction Paper

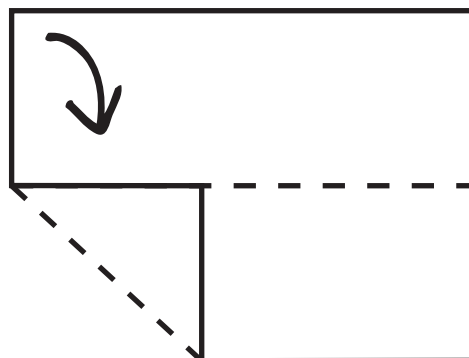
Step One

Fold paper in half and then unfold flat.



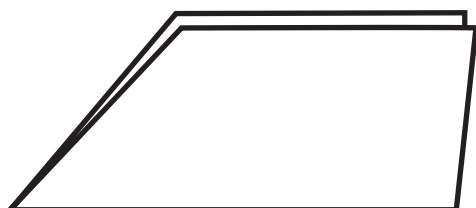
Step Two

Fold both left corners to middle fold mark.



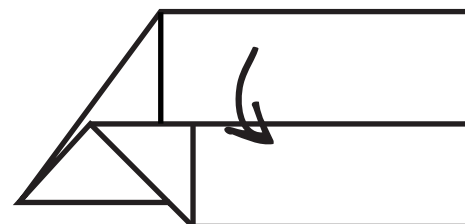
Step Three

Fold back in half with previous folds inside.



Step Four

Fold down top side to bottom side.



Step Five

Flip over and do the same to the other side.



Step Six

Pull the wings out and you're done! Enjoy the flight.

